

GWAAR Updates

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Health Promotion

[Angie Sullivan](#), Older Americans Act Consultant - Health Promotions Specialist

Nice to Know

Reminder: Only Leaves Should Fall - Fall Prevention Event



Tuesday, September 22

11:00 a.m. - 12:00 p.m.

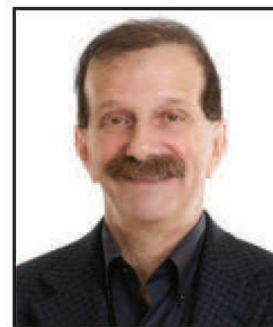
Free Facebook Event:

<https://www.facebook.com/SafeCommunitiesMDC/live>

Registration is not required

Please join the Dane County Falls Prevention Task Force of Safe Communities for a LIVE virtual chat with Dr. Zorba Paster! He will speak about strategies for maintaining independence and keeping upright by preventing a fall. Share the flyer:

<https://gwaar.org/api/cms/viewFile/id/2006185/>



Nutrition Program

[Lori Fernandez](#), Older Americans Act Consultant - Nutrition Program Specialist

[Jean Lynch](#), Older Americans Act Consultant - Nutrition Program Specialist

[Pam VanKampen](#), Older Americans Act Consultant — Nutrition Specialist — Senior Center Representative

Nice to Know

Meals on Wheels America Annual Conference

One of the outstanding messages Meals on Wheels America Annual revealed at their recent conference was their “Don’t Stop Now” Campaign. Please take a minute to view the powerful video. COVID-19 imposed a sudden and imminent risk to millions of Americans—and the local response from all across this country was unprecedented.

Ordinary people stood up, spoke up and gave generously so that Meals on Wheels could provide a lifeline for millions of isolated, frightened seniors.

Today, their future remains terribly uncertain.

So," Please...Don't Stop Now".

View the video here:

<https://vimeo.com/454062341/bea305588e> .



Recipe and Menu Sharing Peer Group

Tuesday, September 29 2:00 p.m.

Join Microsoft Teams Meeting

+1 608-338-1382 United States, Madison (Toll)

(877) 565-2671 United States (Toll-free)

Conference ID: 781 817 959#


Join Directors and friends statewide to share fall menu ideas; featuring some comforting soups. If you have a special fall food or soup you would like included in the PowerPoint please contact Lori Fernandez at Lori.Fernandez@gwaar.org .

Happy Autumn!

Updated Resources to Connect to the Internet, Help Choose and Set up a Device and Use Tablets.

Generations on Line have updated their website to be a one-stop-shop to get seniors connected.

Please share it widely; <https://www.gol4apple.org/family/indexfamily.html>

**Generations on Line**

Looking for ways to help an older relative or friend get connected but you can't be there? These resources can help:

Help choose and set up a device	Teach someone how to use a tablet to get connected to the Internet
Get someone connected to WIFI	Print out a helpful strip of reminders

And download our App, [Easy Tablet Help for Seniors](#), available for Apple, Google and Amazon devices

or skip the download and [use the web version](#).

Malnutrition Awareness Week is October 5th-9th!

GWAAR has partnered with the [American Society for Parenteral and Enteral Nutrition](#) (ASPEN), for ASPEN Malnutrition Awareness Week™ on October 5-9, 2020.

As a Malnutrition Awareness Week ambassador, we have complimentary access to ASPEN's educational webinars and resources on malnutrition. The webinars have limited capacity so [register now](#) to reserve your spot. Enter code MAW-GWAAR to receive a 100% discount. Continuing education credit is available for most of the webinars. ASPEN is accredited to provide medical, pharmacy, nursing and dietetic credits.

The goal of Malnutrition Awareness Week is to educate healthcare professionals on early detection, prevention, and treatment of malnutrition; educate consumers/patients to discuss their nutrition status with healthcare professionals; and to increase awareness of nutrition's role on patient recovery.

Join the conversation online by using the hashtag #MAW2020.

For more information and to register, visit www.nutritioncare.org/maw. Enter code MAW-GWAAR to receive a 100% discount.



Business Development Center

[Sky Van Rossum](#), Business Development Coordinator

Nice to Know

How are You Planning for the Increasing Cost of Food and its Impact on Nutritional Services?

Per the latest update from the Bureau of Labor Statistics (BLS) Consumer Price Index, "Food prices increased 4.1 percent over the last 12 months, with prices for food at home rising 4.6 percent."

For example, this translates to an additional forty cents on \$10. For a network partner distributing 4000 meals annually it would add more than \$1600 to the cost burden.

The importance of capturing these added costs becomes more obvious when viewing the impact on the whole network. In this scenario, the increase in costs translates into a need for added funding of nearly \$130,000 dollars to maintain the current service level.

Knowing the cost of services is key in determining if current pricing can absorb increases like this. Coupled with trend analysis, a forecast can be developed to mitigate and prepare for the impact. Left un-addressed year over year, and this can become a significant loss requiring an unwelcome double-digit percentage increase to break even. Using the Nutritional Services Cost Tool, in conjunction with information from the Bureau of Labor Statistics, a data driven, reasoned approach, to the pricing of services can be followed. For more information contact Sky Van Rossum at the GWAAR Business Development Center.

www.bls.gov/charts